



## *Massage Therapy Services*

### CUSTOM MASSAGE

**50 minutes \$125 | 80 minutes \$165**

Personalized massage including Swedish techniques to improve circulation, ease tension and rejuvenate stressed muscles.

### DEEP TISSUE MASSAGE

**50 minutes \$135 | 80 minutes \$175**

Personalized massage featuring deep, firm pressure through focused strokes to release chronic pain.

### PRENATAL

**50 minutes \$135 | 80 minutes \$175**

Relax and nurture yourself and your new baby while reducing common pregnancy pain, such as backaches, leg cramps and insomnia. Enjoy during your second or third trimester.

### AROMATHERAPY

**50 minutes \$135 | 80 minutes \$175**

Essential oils are used to enhance physiological well-being. The select aromas balance moods while elevating and stimulating regeneration of the tissue and nerves.

### REFLEXOLOGY

**50 minutes \$135**

Pressure points throughout the body are targeted to align energy, improve circulation and encourage overall healing.

### HOT LAVA SHELLS

**50 minutes \$150 | 80 minutes \$190**

This unique treatment uses natural tiger clam shells recycled from the South Pacific Ocean. Deep, nurturing, penetrating heat combined with Swedish-style massage strokes melts tension and helps you to experience a deeper state of relaxation.

**RESERVATIONS:** Reservations are required and advance reservations are highly recommended. Please dial in-house ext. 0 or call/text 858-356-2SPA for spa reservations.

**CANCELLATION POLICY:** To avoid charges, please honor our four hour advance notice cancellation policy for all treatments. No-Shows or cancellations without four hour cancellation are subject to payment in full.

**GRATUITY:** As a Courtesy to your Body Care Specialist, an 18% gratuity will be added to all services unless a higher amount is given at your discretion.

**HOURS OF OPERATION:** Our Body Care Specialists are on-call from 9:00am to 6:00pm daily by appointment only. Our reservation team is available daily from 8:00am - 5:00pm.